

ARTICLE REVIEWED

Flipped Learning, Pedagogy and Digital Technology: Establishing Consistent Practice to Optimise Lesson Time

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THE PROBLEM:

In the age of technology, flipped learning is becoming an increasingly popular pedagogical method being used by physical educators. Flipped learning has two phases: 1) pre-class and 2) in class. The pre-class phase allows teachers the opportunity to assign homework that ties into the day's lesson. In class, teachers are able to use digital technology such as videos to provide demonstrations and further instructions.

Although flipped learning is being used in PE, there has not been enough research to provide knowledge and methods to other physical educators. Therefore, this case study aims to provide flipped learning pedagogical examples of two physical educators.



Research Summary:

Two UK physical educators who had been teaching between 9 to 10 years at the time of the study were selected. One teacher's school provided each student with a technological device, and the other teacher's school did not. However, both used flipped learning with digital technology. To understand how the teachers used flipped learning, they were interviewed four times with two follow-up interviews, lesson observations, and document analysis. Both teachers established classroom routines using flipped learning methods.

Conclusion:

The teachers' purpose for using flipped learning was to optimize lesson time and assess students. They were able to accomplish this through their routines, which included homework, class discussions, and student assessments. Homework was designed to align with the following lesson's activities. The in-class discussions allowed for students to ask questions and gain a better understanding of the content. Student assessments were implemented with devices to allow students to take them outside of class, which allowed more time to develop skills and gave the teacher another opportunity to provide individual feedback. Although these are not the only flipped learning methods in PE, these are examples of successful flipped learning implementation.

Key Takeaway:

This study provides pedagogical examples of how two physical educators use flipped learning and digital technology to enhance their class. Physical educators may want to consider adding flipped learning to their class routine as a way to increase student feedback and assessment.

ADDITIONAL RESOURCES:

- Flipgrid: A free tool for teachers that allows for recordings of short videos. <https://info.flipgrid.com>
- Google Classroom: A free tool that makes it easy to organize online content. <https://classroom.google.com>